

<u>Week One Sunday 1/3</u>	<u>Week One Monday 1/4</u>	<u>Week One Tuesday 1/5</u>	<u>Week One Wednesday 1/6</u>	<u>Week One Thursday 1/7</u>	<u>Week One Friday 1/8</u>	<u>Week One Saturday 1/9</u>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Coffee Cake Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes Corn Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly/Jam
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Split Pea Chicken Tenders w/ Honey Mustard/ French Fries and Coleslaw OR Homemade Egg Salad Platter w/ Your Choice of Dressing Crackers On the Side Tapioca Pudding	Beef Barley Homemade Cowboy Quiche with Fresh Fruit Salad On the Side OR Roasted Eggplant and Fresh Mozzarella Sandwich with Potato Chips and Pickles Oatmeal Raisin Cookies	Carrot Dill Hot Roast Beef Sandwich w/ Homemade Potato Salad and Pickles OR Granny Smith Apple and Roast Turkey Salad with Toasted Walnuts and Ranch Dressing Eclairs	Manhattan Clam Chowder Vegetable Lo Mein with Egg Roll and Fortune Cookie OR B. L. T. Club with Homemade Macaroni Salad and Pickles Sliced Peaches	Cream of Broccoli Monte Cristo w/ Homemade Celery, Apple Salad and Potato Chips OR Lobster Cobb Salad with Cucumbers/ Tomatoes/ Bacon Hardboiled Eggs and Avocados Ice Cream Cone	Italian Wedding Open Face Turkey Sandwich with Cranberry Sauce/ Sweet Potato Fries and Coleslaw OR Fresh Seasonal Fruit and Cottage Cheese Platter NAS Vanilla Pudding	Hearty Vegetable Popcorn Shrimp Salad Over Garden Greens with Cocktail Sauce and Fresh Lemon OR Italian Submarine Sandwich with Potato Chips and Pickles Southern Pecan Pie
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Turkey and Wild Rice Garden Salad Salisbury Steak OR Mushroom Raviolis w/Marinara <i>Side Dishes:</i> Baked Potato w/ Sour Cream Broccoli Florets Garlic Bread Peppermint Cheesecake	Alphabet Fresh Fruit Salad Chicken Cordon Bleu OR Broiled Lemon Cod <i>Side Dishes:</i> Yukon Gold Mashed Potatoes Steamed Cauliflower Garden Peas Warm Waffle w/ Ice Cream	Chicken Noodle Tartar Sauce Herb and Garlic Tilapia OR Fetuccini Alfredo <i>Side Dishes:</i> Rosemary Potatoes Creamed Spinach Honey Wheat Dinner Roll NAS Chocolate Pudding	Butternut Squash Garden Salad Pasta a la Bolognese OR Filet of Sole <i>Side Dishes:</i> Rice Pilaf Garden Vegetables Warm Breadstick Carrot Cake	Minestrone Apple Sauce Smothered Pork Chops OR Eggplant Rollata <i>Side Dishes:</i> Baked Sweet Potato Corn Niblets Green Beans Pound Cake	Potato Leek Tartar Sauce Beef Stroganoff OR Haddock Margerita <i>Side Dishes:</i> Buttered Noodles Sauteed Zucchini Glazed Carrots Homemade Ambrosia	Turkey and Orzo Garden Salad Stuffed Peppers OR Flounder w/ Tartar Sauce <i>Side Dishes:</i> Roasted Potatoes Steamed Peas Garlic Bread Snickerdoodles

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4oz.

Vegetable=4oz.

Fruit=4oz.

<u>Week Two Sunday 1/10</u>	<u>Week Two Monday 1/11</u>	<u>Week Two Tuesday 1/12</u>	<u>Week Two Wednesday 1/13</u>	<u>Week Two Thursday 1/14</u>	<u>Week Two Friday 1/15</u>	<u>Week Two Saturday 1/16</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Fresh Baked Scone Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes Banana Walnut Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Peach Almond Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Chicken Gumbo Pierogies w/ Caramelized Onions / Steamed Garden Peas and Sour Cream OR Turkey Club with Homemade Celery, Apple Salad and Pickles Fruit of the Forest Pie	Turkey Noodle California Cheeseburger with Lettuce/ Tomato/ French Fries and Coleslaw OR Grilled Shrimp Caesar Salad with Homemade Croutons Banana Pudding	New England Clam Chowder Pepperoni French Bread Pizza Tossed Salad On the Side Your Choice of Dressing OR Waldorf Chicken Salad with Fresh Apples/ Craisins and Toasted Almonds Caramel Mini Cheesecake	Hearty Potato Stuffed Baked Potato with Bacon and Cheddar Cheese Garden Salad On the Side OR Ham Sloppy Joe Sandwich w/ Three Bean Salad and Potato Chips Macadamia Nut Cookies	Pasta Fagioli Grilled Pesto Chicken Melt with Homemade Pasta Salad and Pickles OR Chef's Salad Platter with Your Choice of Dressing Black Forest Cake	Mushroom Barley Spaghetti and Meatballs with Parmesan Cheese and Warm Breadsticks OR Crab Louie Salad w/ Tomatoes Hardboiled Eggs/ Iceberg Lettuce and Fresh Avocados Apple Filled Churros	Potato Leek Fish and Chips with Tartar Sauce/ Fresh Lemon Wedge and Coleslaw OR Apple, Ham, and Swiss on Multi Grain with Homemade Macaroni Salad and Pickles Sugar Free Fruited Jello
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Beef Vegetable Garlic Bread Pan Seared Crab Cakes OR Lasagna Rollettes <i>Side Dishes:</i> Rice Pilaf Corn Niblets Creamed Spinach Sliced Pears	Split Pea Mustard Chicken Kiev OR Polska Kielbasa <i>Side Dishes:</i> Yukon Gold Mash Potatoes Broccoli Florets Sauteed Yellow Squash Chocolate Chip Cookies	Chicken Broth with Noodles Apple Sauce Pork Roast with Gravy OR Cod Loin w/ Tartar Sauce <i>Side Dishes:</i> Candied Yams Braised Red Cabbage Brussel Sprouts Peaches and Cream	White Bean and Spinach Honey Wheat Dinner Roll Homemade Meatloaf OR Cheese Raviolis w/ Marinara <i>Side Dishes:</i> Mashed Potatoes Glazed Carrots Garden Peas Apple Dumpling	Chicken and Rice Tartar Sauce Smoked Spiral Ham OR Maple Dijon Salmon <i>Side Dishes:</i> Au Gratin Potatoes Green Beans Fuji Apples Butterscotch Pudding	Minestrone Garden Salad Chicken Marsala OR Arancini with Marinara Sauce <i>Side Dishes:</i> Roasted Potatoes Sauteed Baby Spinach Stewed Tomatoes Mandarin Oranges	Matzo Ball Tartar Sauce Yankee Pot Roast OR Broiled Flounder <i>Side Dishes:</i> Boiled Potatoes Garden Vegetables Honey Wheat Dinner Roll Blueberry Crunch Pie

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

<u>Week Three Sunday 1/17</u>	<u>Week Three Monday 1/18</u>	<u>Week Three Tuesday 1/19</u>	<u>Week Three Wednesday 1/20</u>	<u>Week Three Thursday 1/21</u>	<u>Week Three Friday 1/22</u>	<u>Week Three Saturday 1/23</u>
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Cinnamon Bun Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes Blueberry Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Tomato Grilled Reuben Sandwich w/ Homemade Cucumber Salad and Potato Chips OR Homemade Tuna Salad Platter w/ Your Choice of Dressing Crackers On the Side NAS Vanilla Pudding	Sausage, Cabbage, and Potato Broccoli and Cheddar Quiche with Fresh Fruit Salad On the Side OR Turkey, Tarragon Croissant Sandwich with Carrot, Raisin Salad and Pickles Lemon Merinque Pie	Manhattan Clam Chowder BBQ Riblet Sandwich with Onion Rings and Coleslaw OR Sesame Chicken with Honey Mustard Dipping Sauce Over Mixed Greens with Mandarins Sliced Apricots	Beef Barley Homemade Chili Con Carne w/ Sour Cream/ Red Onions Cheese and Cornbread OR Ciabatta Egg Salad Sandwich with Homemade Beet Salad and Potato Chips NAS Apple Pie	Broccoli and Cheese Hot Dog on a Bun with Sauerkraut/ Baked Beans and Coleslaw OR Poached Salmon Salad with Dill Sauce Over Fresh Garden Greens with Lemon Wedge Cranberry Orange Cookies	Vegetable Chicken Parmesan Over Pasta with Marinara Sauce and Garlic Bread OR Grilled Vegetable Wrap with Homemade Macaroni Salad and Potato Chips Sliced Pears	Chicken Broth w/ Noodles Hot Pastrami on Rye with Mustard/ Homemade Potato Salad and Pickles OR Apple and Ham Salad with Dijon Mustard Vinaigrette and Toasted Walnuts Lemon Bar
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Navy Bean Coleslaw Southern Fried Chicken OR Cavatelli and Broccoli <i>Side Dishes:</i> Mashed Potatoes w/ Gravy Corn Niblets Green Beans Tiramisu	French Onion Garden Salad Sole Picatta OR Sweet and Sour Meatballs <i>Side Dishes:</i> Rice Pilaf Steamed Garden Peas Sauteed Peppers and Onions Peanut Butter Cookies	Lentil Warm Breadsticks Filet Mignon OR Penne a la Vodka <i>Side Dishes:</i> Yukon Gold Mashed Potatoes Garden Vegetables Pearl Onions Mint Chocolate Chip Ice Cream	Corn Chowder Cocktail Sauce Macaroni and Cheese OR Coconut Shrimp <i>Side Dishes:</i> Baked Sweet Potato Creamed Spinach Cauliflower Tapioca Pudding	Matzo Ball Cranberry Sauce Turkey Divan OR Ditalini, Ham, and Peas <i>Sides Dishes:</i> Buttered Noodles Sauteed Yellow Squash Warm Breadstick Chocolate Mousse	Split Pea Mustard Corned Beef and Cabbage OR Crabmeat Stuffed Filet of Fish <i>Side Dishes:</i> Boiled Potatoes Sliced Carrots Honey Wheat Dinner Roll Cupcakes	Seafood Bisque Garden Salad BBQ Chicken Thighs OR Linguini w/ Red Clam Sauce <i>Side Dishes:</i> Au Gratin Potatoes Fire Roasted Vegetables Coleslaw Rice Pudding

Dietician Signature

Date

Portions-Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.

<u>Week Four Sunday 1/24</u>	<u>Week Four Monday 1/25</u>	<u>Week Four Tuesday 1/26</u>	<u>Week Four Wednesday 1/27</u>	<u>Week Four Thursday 1/28</u>	<u>Week Four Friday 1/29</u>	<u>Week Four Saturday 1/30</u>
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Fresh Baked Scone Juice/Milk/Coffee/Tea Butter/Syrup/jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Danish Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage Breakfast Sandwich Choice of Toast Fresh Fruit Salad/ Prunes Cranberry Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Pork Roll Belgian Waffles Choice of Toast Fresh Fruit Salad/ Prunes Apple Turnover Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Corned Beef Hash Buttermilk Pancakes Choice of Toast Fresh Fruit Salad/ Prunes Corn Muffin Juice/Milk/Coffee/Tea Butter/Syrup/Jelly	Cold Cereal Oatmeal/ Cr. Of Wheat Eggs Cooked to Order Bacon/ Sausage French Toast Choice of Toast Fresh Fruit Salad/ Prunes Donut Juice/Milk/Coffee/Tea Butter/Syrup/Jelly
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
New England Clam Chowder Sausage and Pepper Sub with French Fries and Pickles OR Homemade Seafood Salad Over Garden Greens with Fresh Lemon Wedge Fresh Fruit Tart	French Onion Butterfly Shrimp w/ Cocktail Sauce/ Boiled Potatoes/ Corn On the Cob and Coleslaw OR Antipasto with Ham/ Salami Fresh Mozzarella/ Olives and Roasted Red Peppers Oatmeal Raisin Cookies	Cream of Mushroom Pork and Green Bean Stir Fry with Egg Roll and Fortune Cookie OR Roast Beef w/ Horseradish Sauce On a Fresh Roll with Homemade Potato Salad and Pickles Ice Cream Sandwich	Chicken Noodle Philly Cheesesteak with Sauteed Onions/ Coleslaw and Pickles OR Honey Grilled Chicken Salad with Raisins/ Toasted Almonds and Mandarin Oranges Sliced Apricots	Matzo Ball Baked Ziti with Marinara Sauce/ Parmesan Cheese and Garlic Bread OR Fried Bologna and Swiss Sandwich w/ Mustard Three Bean Salad and Chips Chocolate Chip Cookies	Hearty Potato Turkey Burger with Lettuce Tomato/ Sweet Potato Fries and Coleslaw OR Crab Cake Over Salad Greens with Fresh Lemon and Tartar Sauce Red Velvet Cake	Cream of Turkey Cuban Panini on Sourdough w/ Homemade Cucumber Salad and Potato Chips OR Greek Tuna Salad with Feta Kalamata Olives/ Tomatoes Cucumbers and Chick Peas Sorbet
<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>	<u>Dinner</u>
Chicken Gumbo Garden Salad Chicken Pot Pie OR Broiled Flounder <i>Side Dishes:</i> Scalloped Potatoes Corn Niblets Sauteed Zucchini NAS Chocolate Pudding	Lentil Warm Breadstick Homemade Lasagna OR Salmon with Dill Sauce <i>Side Dishes:</i> Roasted Potatoes Green Beans Pearl Onions Peach Melba	Beef Barley Sour Cream Rotisserie Chicken OR Tortellini with Pesto Sauce <i>Side Dishes:</i> Baked Potato Creamed Spinach Harvard Beets NAS Vanilla Pudding	Seafood Bisque Apple Sauce Pork Loin with Gravy OR Fish Florentine <i>Side Dishes:</i> Candied Yams Braised Red Cabbage Brussel Sprouts Strawberry Shortcake	Tortellini Tartar Sauce Beef Paprikash OR Filet of Tilapia <i>Side Dishes:</i> Yukon Gold Mash Potatoes Broccoli Florets Glazed Carrots Sugar Free Fruited Jello	Vegetable Fortune Cookie Orange Chicken OR Angel Hair w/ Marinara Sauce <i>Side Dishes:</i> Steamed Rice Stir Fry Vegetables Egg Roll Warm Apple Crisp	Italian Wedding Cranberry Sauce Roast Turkey with Gravy OR Haddock with Tartar Sauce <i>Side Dishes:</i> Mashed Potatoes Cornbread Stuffing Garden Vegetables NAS Chocolate Cake

Dietician Signature

Date

Portions - Soup=6 oz.

Meat/Meat Sub=4 oz.

Starch=4 oz.

Vegetable=4 oz.

Fruit=4 oz.